

Mid-Morning Nutrition Break



How Does a Mid-Morning Nutrition Break Work?

This model is also called breakfast after first period or second chance breakfast. As the name implies, students eat breakfast during a break in the morning, usually between 9:00 am and 10:00 am. Reimbursable breakfasts are individually packaged in grab 'n go bags. These are usually offered from mobile carts or tables located in high traffic areas where there are many students. Breakfasts can be hot or cold, depending on a school's facilities. Foods that are easy to eat or hand held are popular and more convenient.

Many schools already offer a break from classes in the morning. By serving a reimbursable meal at this time, students who were not hungry first thing in the morning, or those who ate breakfast very early, now have a chance to eat a healthy meal. Serving a reimbursable meal is a healthy choice compared to vending. Reimbursable meals also accommodate students who may not have the money to purchase items from vending machines.

Students are responsible for throwing away their trash. Extra trash cans in the areas where students congregate between classes, helps to minimize trash and food waste issues. While a mid-morning nutrition break works well in all schools, it has been particularly successful in middle and high schools.

Why Serve a Mid-Morning Nutrition Break?

Most importantly, when you offer a Mid-Morning Nutrition Break, more students eat breakfast. Many middle and high school students are not interested in eating breakfast first thing in the morning. A Mid-Morning Nutrition Break is a great way to reach these students as well as those who do not have time to eat before school, or who ate very early in the morning. In some cases, space to serve breakfast is an issue. Serving breakfast from carts outside of the cafeteria or in other areas eliminates this problem. A Mid-Morning Nutrition Break can be prepared quickly, with few staff.

When Does a Mid-Morning Nutrition Break Work Best?

A Mid-Morning Nutrition Break works well in many different schools. The following qualities help to make a Mid-Morning Nutrition Break successful in schools:

- A milk break or other break in the morning already exists.
- Busses arrive just before classes begin.
- There is no time to serve breakfast before classes, or participation is low in breakfast served before school delivery models.
- Students rely on vending machines for snacks in the morning.
- Teachers are supportive of breakfast and realize its importance to learning.
- There is little or no space to serve breakfast.
- The cafeteria is centrally located.